

I CLAIM:

1. A method for washing utilizing a portable bidet comprising the steps of:
providing a portable container having an exit;
wherein said container is sized so as to be able to fit within a single human hand
during use;
providing liquid contained within said container;
providing a nozzle coupled to said exit; and
permitting a user to force said liquid, under pressure, through said exit and
through said nozzle and onto one of an anal and a genital area of a user;
wherein said step of permitting a user to force said liquid, under pressure, further
comprises the step of providing a deformable said container so that pressure upon said
liquid may be imparted by squeezing said container.
2. The method of Claim 1 wherein said container is disposable.
3. The method of Claim 1 wherein said container is primarily comprised of
plastic.
4. The method of Claim 1 wherein said container is primarily comprised of wood
pulp.
5. The method of Claim 1 wherein said container is bladder-type.
6. The method of Claim 1 wherein said container is upwardly tapered.
7. The method of Claim 1 wherein said nozzle is angled so as to facilitate aiming
of said liquid.

8. A method for washing utilizing a portable bidet comprising the steps of:
 - providing a portable container having an exit;
 - wherein said container is sized so as to be able to fit within a single human hand during use;
 - covering said exit with a seal;
 - providing liquid contained within said container;
 - providing a nozzle coupled to said exit;
 - wherein said nozzle is insertable through said seal;
 - permitting a user to force said liquid, under pressure, through said exit and through said nozzle and onto one of an anal and a genital area of a user; and
 - wherein said step of permitting a user to force said liquid, under pressure, further comprises the step of providing a deformable said container so that pressure upon said liquid may be imparted by squeezing said container.
9. The method of Claim 8 wherein said nozzle is affixed to said container over said seal when not in use.
10. The method of Claim 8 wherein said nozzle is angled so as to facilitate aiming of said liquid.
11. The method of Claim 8 wherein said container is disposable.
12. The method of Claim 8 wherein said container is primarily comprised of plastic.
13. The method of Claim 8 wherein said container is primarily comprised of wood pulp.
14. The method of Claim 8 wherein said container is bladder-type.

15. The method of Claim 8 wherein said container is upwardly tapered.
16. A method for washing utilizing a portable bidet comprising the steps of:
 - providing a portable container having an exit;
 - wherein said container is sized so as to be able to fit within a single human hand during use;
 - providing liquid contained within said container;
 - providing a nozzle coupled to said exit;
 - permitting a user to force said liquid, under pressure, through said exit and through said nozzle and onto one of an anal and a genital area of a user;
 - wherein said step of permitting a user to force said liquid, under pressure, further comprises the step of providing a pressurized gas source to propel said liquid under pressure;
 - wherein said pressurized gas source is located in an interior portion of said container.

17. The method of Claim 16 wherein said container is an aerosol-type container.